



What does a tennis ball have to do with fruits and veggies?

Answer: 1 cup of fruit or vegetable is as big as a tennis ball.

All of these count as 1 cup

- **Apple:** 1 small
- **Banana:** 1 large
- **Broccoli:** 3 5-inch spears
- **Carrots:** 2 medium
- **Corn:** 8-9 inch ear
- **Grapefruit:** 1 medium
- **Mango:** 1 medium
- **Peach:** 1 large
- **Potato:** 1 medium

All of these count as ½ cup

- **Applesauce:** 1 single-serving container
- **Carrot:** 1 medium or 6 baby
- **Celery:** 1 large stalk
- **Corn:** 6-inch ear
- **Dried fruit (such as raisins, dates, prunes, apricots):** ¼ cup
- **Juice:** ½ cup (4 ounces)
- **Orange:** 1 small
- **Plum:** 1 large
- **Spinach or kale, cooked:** ½ cup
- **Spinach, kale, or lettuce, raw:** 1 cup

Leafy vegetables

- Raw spinach, kale, collards, mustard greens, and lettuce are leafy vegetables.
- Because they have a lot of space between the leaves, **1 cup raw leafy vegetables counts as ½ cup** of your daily intake.
- **½ cup cooked leafy vegetables counts as ½ cup** of your daily intake.



Dried fruit

- Raisins are dried grapes. Prunes are dried plums. Other dried fruits include apricots, dates, apples, pineapple, papaya and mango.
- As fruit dries, it gets smaller. For that reason, **¼ cup dried fruit counts as ½ cup** of your daily intake.



Remember to count all of these

- 100% fruit and vegetable juices
- Legumes (dried beans, peas or lentils)
- Canned
- Fresh
- Frozen
- Dried



To find out how many cups of fruits and vegetables you need, visit www.fruitsandveggiesmatter.gov .